

Folic Acid Activities

INSIDE/OUTSIDE

Objective: (SWBAT: Student Will Be Able To)

SWBAT: Discuss how taking a multivitamin may affect his/her health

SWBAT: Identify reasons why everyone could benefit by taking a multivitamin

SWBAT: Identify actions that may contribute to birth defects

Materials Needed:

- Questions for discussion
- Recording sheets

Advance Set-Up

Use chairs to form two circles, one inside the other, with chairs facing each other.

Time needed for activity: 45 minutes

Procedure:

Step #1 – As the students come into the room, have them choose to be in the inner or outer circle. Note: If you do not have enough room to put the chairs in a circle, just put them in a line having two chairs face each other. When the circle is complete, give the students the first question. The students are to discuss the question with the person that they are facing. Allow several minutes for discussion. When most students have finished, have the students who are sitting in the outer row move one seat over. Give the students the next question. Continue the process until all questions have been discussed.

Questions

1. If you could only eat three different foods, what would those three foods be?
2. List 5 different activities that if done on a regular basis would improve your overall health. **Star (*) the activity that you both think is the most important.**
3. List 5 activities that **YOU do** that in some way affects your health either in a positive or a negative way. **Star (*) the activities that effect your health in a positive way.**
4. Name one healthy habit that you do not do at this time, but you see yourself doing in the future.
5. In your own words, define birth defect and give an example.
6. List at least three different actions done by a pregnant woman that may cause a birth defect in her unborn child.
7. If the scientific world is convinced that taking folic acid would greatly reduce the risk of a baby being born with spinal bifida, how would you suggest that this message be presented in a convincing way? Who would be your target audience and why?
8. Brainstorm three different reasons why a teenager should take a multivitamin.
9. If you received 2 million dollars but in receiving this money, you had to agree to give 1 million to a disease research project, what disease research project would you fund and why?

10. If you had a million dollars to spend on improving the health of our society, what would you spend it on?

Step #2 – After each question, allow those who want to share answers/comments to have the opportunity to do so. Close with the emphasis on the importance of everyone taking responsibility for their health. We make lots of choices that affect our health. Some of these choices can even be life threatening. One simple thing that all of us can do is take a multivitamin. Reiterate that most of us do not get all the necessary vitamins through diet alone, so it is important for everyone to supplement their diet with a multivitamin.

(Note: Answer Sheet begins on the next page)

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**Inside/Outside
Pair – Recording Sheet**

Name of Recorder _____

Question #1 – Co-worker's name _____

Recorder

1. _____
2. _____
3. _____

Co-worker

1. _____
2. _____
3. _____

Question #2 – Co-worker's name _____

1. _____
2. _____
3. _____
4. _____
5. _____

Question #3 – Co-worker's name _____

Recorder

1. _____
2. _____
3. _____
4. _____
5. _____

Co-worker

1. _____
2. _____
3. _____
4. _____
5. _____

Question #4 – Co-worker's name _____

Recorder

1. _____

Co-worker

2. _____

Question #5 – Co-worker's name _____

Definition _____

Example _____

Question #6 – Co-worker's name _____

1. _____
2. _____
3. _____

Question #7 – Co-worker's name _____

Message _____

Target Audience _____

Question #8 – Co-worker's name _____

1. _____
2. _____
3. _____

Question #9 - Co-worker's name _____

Disease project and why _____

Question #10 – Co-worker's name _____

Improving the health of society project _____
